

STARTING LINES



Newsletter of the Santa Cruz Track Club

WINTER 2011 - VOLUME 24, NUMBER 4

EAST MEETS WEST

The Santa Cruz Track Club offers weekday workouts in two central locations. Runners living on the west side can catch a workout on Tuesday nights at Santa Cruz High School at 5:30 pm. Wednesday night workouts are still being held at Soquel High at 6:00 pm. This doubles your chances of getting quality exercise and instruction. If you are a regular attender on Wednesday nights, come out and try a Tuesday workout sometime, and visa versa. The goals are similar, but the structure is slightly different.



Stefano Profumo leading stretches at a Tuesday night workout



Agility exercises at Santa Cruz HS



Runners warming up at Soquel HS

COMING EVENTS:

ANNUAL MEMBERSHIP SIGN UPS

January 11, 2012 at Soquel High after Wed. night workout

ANNUAL AWARDS BANQUET

January 21, 2012, 6:00 p.m., location still to be determined.

SCTC SUPER BOWL 5K/10K

February 5, 2012. Early registration available online. Race day registration opens at 7:30 a.m.

INSIDE THIS EDITION:

SPOTLIGHT ON RAY DISPERATI



Ray helping out at Youth XC

Many of us at SCTC know and love Ray Disperati. Inside this newsletter is a heartfelt email from the man himself who always goes above and beyond in his dedication to SCTC.

FALL RACE REPORT - See next page SCTC YOUTH ACTIVITIES



CROSS COUNTRY RESULTS & PHOTOS



TRACK CLUB NEWS & ACCOMPLISHMENTS



Our Ultra Guys, **MIKE WRIGHT** and **JON BEARD**, never stop, and now they have recruited other members to the “dark side”. **MELAINE MICHALAK** and **CHRIS WEHAN** took on the **Rock N River 50** with Mike and Jon this year. Rock N River is a 50 mile trail course that follows the American River from Auburn to Negro Bar State Park in Sacramento. Mike and Jon have completed this course before when doing the AR50, but this was a new experience for Melanie and Chris. Chris appears to be a natural ultra runner. He finished 2nd overall with a time of 7:13:30, which is a 8:40 pace for 50 miles. Veteran ultra runner Mike Wright came in 7th overall with a total time of 8:23:23. Pretty incredible!



Mike Wright & Jon Beard at Rock N River 50

LARRY BERG returned to Cuyahoga Valley, Ohio in October to run the **Towpath Marathon** along the Ohio Canal Corridor. This marathon received a Five Star rating from Active.com for its beautiful scenery. Larry had a PR over his time of the previous year by 2 minutes, finishing in 3:02:03 and moving up to 7th place overall! **TISH BERTINO** joined in this year and completed the half marathon. Both returned raving about the scenic flat course and the vibrant Fall foliage. **TONI CASSLE-BERRY** also did the full marathon, and can now include the state of Ohio toward her goal of running a marathon in every state and continent.

KEVAN CHU stayed closer to home and ran the **San Jose Rock N Roll Half Marathon**. Kevan

finished the half marathon in a time of 1:21:09, placing 3rd in his age division. Way to go, Kevan!

The **Morgan Hill Marathon**, held in late October is in its second year and features both a full marathon course and a half. **JAN STANGER** completed the half marathon, while her husband, **PETER STANGER**, (who seems to be a natural born marathon runner), completed the full marathon in a time of 3:34:44 and placed 1st in his age division! **MICHELLE PROWSE** surreptitiously ran the half against the advise of her coach, but finished with PR of 1:23:45.

DAVE DELUCCHI ventured up to Folsom to run the **Lake Natoma Four Bridges Half Marathon**, also held in late October. This race was developed by the Sacramento Running Association as a training run for the California International Marathon. The course features four bridge crossings, hence it's name, and a portion follows the American River Trail (familiar territory of our ultra runners). Dave completed the half marathon in 1:34:08 and was 9th in his age division out of 135 male runners.

Not to be outdone by her husband, **DIANE DELUCCHI** led **JOYCE PARR** and **MARIA MARSILIO** to Hollister to participate in the **Warrior Dash**. This race is advertised as a “mud-crawling, fire-leaping, extreme run from hell”. All three ladies survived the race and lived to tell their stories, which included hefting some rather large beer steins at the end of the race. See next page for photos and comments by Diane Delucchi.

CARL ROTH had a huge PR at the **Marine Corp Marathon** in Washington, DC this year. Carl finished the marathon in 3:49:28, which is more than a half hour faster than his finishing time in 2010. What an amazing improvement!

CALLY HABER trained hard and well for the **New York City Marathon** on November 6. It looks like 4 was Cally's lucky number. She finished this spectacular city marathon in a total time of 4:44:44. **LETICIA “CAT” HERNANDEZ** finished in 3:56 after having run the **Portland Marathon** one month prior in a time of 3:10. Both marathons are tough with several bridges to cross.

THE WARRIOR DASH

Comments and photos by Diane Delucchi

We are Warriors! We earned our horns!

Maria, Joyce and I took on the Warrior Dash on November 5th. Joyce and I took 1st in our age groups and Marie placed 3rd.

The obstacles: Teetering Traverse (level your nerves as you teeter through a soaring track), Vertical Wall (Scale to the summit and slide down the vertical drop) , Tippy Tightrope (creep along the quivering cable over water), Roaring Waters (cold water pit that you must climb out of while being blasted with water), Barricade Breakdown (hurdle over barricades and crawl under barbwire), Chaotic Crossover (crawl across tangled nets), Giant Cliffhanger (make the trek to the top of the massive slope), Road Rage (stampeded through the scrap yard of rusted wreckage), Cargo Climb (Maneuver over the cargo nets), Great Warrior Wall (conquer the wooden barricade), Warrior Roast (Leap over the Warrior fires) and finally, Muddy Mayhem (Scramble beneath barbed wire as you near the finish).



What a FUN event! Not to be missed next year. Great cross country training! The race had waves starting from 10:30am – 4:00pm, every half hour. It was like a big burning man, without the burning man. Bands, food, drinks & a whole lot of happy mudders ...what more could you ask for? Did I mention they had showers? The fire truck hoses! Ouch and burrrrrrrrr!



We were pretty thirsty & hungry after the shower and race. Thanks to the big beers (32 oz) being served, we quenched our thirst! Joyce was really hungry, she was satisfied with a turkey leg and her beer! She even let us have a bite of her T leg. Thanks, Joyce!



Special Kudos going out to Jonathan. Thanks for the support! Photographing us, beer winching (refills) and turkey leg!

So next year become Warriors and earn your horns..... because we're going back!

Diane Warrior Delucchi
Peace & Love

SCTC YOUTH PAGE

It was another fantastic season for the Santa Cruz Track Club Youth thanks to the efforts of Coach **JAVIER NARANJO**, some very dedicated parents, and an enthusiastic group of young athletes. Javier coordinated the youth workouts and always came up with fun activities and challenges for the kids to try, including a tug-of-war contest between the girls and boys. Guess who won, guys? Girls Rule!



Coach Javier

On October 30, the Santa Cruz Track Club hosted a USATF sanctioned cross country meet at Soquel High School. Young runners of all ages participated in separate races consisting of a 2K for Sub-Bantams, (age 8 and under), a 3K for Bantams (age 9 and 10) and Midgets (age 11 and 12), and a 4K for Youth (age 13 and 14) and Open (age 15 and over). The courses circled the hills above Soquel High for various distances, finishing on the track.



Start of the 4K



First finisher of the Sub-Bantams



SCTC Guys looking cool



SCTC YOUTH CROSS COUNTRY, FALL 2011

MY DAY AT THE ALL STAR DOG RUN

By Babe (the Dog)



Wow, am I tired. I guess you could say that I'm doggone tired, but what a beautiful morning at the All Star Dog Run. Race Director Veterinarian **LIZ DEVITT** out did herself this year with a hugely successful race. The competition was tough at the sold out event of athletic canines and their human companions. I

tried my best to keep up in the 5K, but hey, I'm an older dog and don't have the same spunk as some of those younger pups. There were dogs of all shapes and sizes. The event featured both a 5K and 10K race, and a contest for the largest dog and smallest dog. Some dogs even came in costume.



**Johnny & Kimber
Largest Dog Winner**

My race strategy was to start off as fast as I could, and then dawdle on the way back. My human race mate wasn't too happy about this, but we finished the race, so why should she complain? She kept mumbling something about the race being chip timed. Doesn't she know that time doesn't matter to dogs?



Off and running at the start of the 10K

The swag bags (or should I say wag bags) donated by local vendors were great and the prizes were fantastic. I liked the Newman's Own New Zealand dog treats. My human was more interested in the Whole Foods booth. It was such a festival atmosphere. I never saw so many dogs before. What a fun day!

Oh, and thank goodness for the doggie water tubs. I couldn't stop drinking. We were all very thirsty.



A well deserved refreshment



Vinny & Leticia Hernandez



**Devin and Joyce Parr with Boxers,
Sadie & Brady**

The All Star Dog Run contributes a portion of the race proceeds to the Morris Animal Foundation, a nonprofit organization dedicated to animal health and veterinary research.

ANOTHER GREAT CROSS COUNTRY SEASON

The season came to an end on Sunday, November 20th at Golden Gate Park in San Francisco. It always seems to rain on the Championship race, as it did again this year. But, we didn't let the weather dampen our spirits. We came away with mud on our legs and smiles on our faces.

Congratulations to **ROBERT MULLIS** for running every race!



Robert Mullis



Kevan Chu finishes at Hayward



RAY DISPARATI A MAN WITH A BIG HEART



Ray Disparati has been a mainstay at SCTC for many years. We all appreciate his diligent tracking of race results, and he has served our club in so many ways. He is always willing to volunteer his time and has helped enormously as a back up to our Youth Coaches. While struggling with medical issues, Ray sent the following email. Even in the more serious moments, this remarkable man's sense of humor and love of life still shine.

Hi folks. My story could be much longer, but the short version will get the message across. Last Thursday, while I was doing my swimming exercises, I had the onset of what I know now to be a ventricular tachyarrhythmia. I managed to get myself home and shortly there after Marian had to call the paramedics as she could not get a pulse or blood pressure reading from me. Upon arrival the paramedics determined that my heart rate was 320 so they had to defibulate me 3 times to get my heart rate down to normal. I apparently had passed out after the first zap. I woke up in Dominican Hospital and was informed, by my cardiologist, that I would now need a combination pace maker and defibulator inserted into my chest. Additionally, I found out that one of the arteries involved in my by-pass surgery last year had completely collapsed, the cause of which could be several. The plan was to insert a stint yesterday or today, but that has been put on temporary hold pending the outcome of some tests the cardiologist wants to conduct. Apparently there is a segment of the population whose veins going to/from the heart take an indirect route, Consequently, my veins, from the groin area and my arms, make right, left and u-turns, so getting to my heart during an angiogram is a relative chore. The tests the doc wants to conduct is to determine how my veins travel and what is the most direct route to the heart so the stint can be inserted. In the meantime I have been sent home to recover from the ordeal I've just been through of being poked, probed, and sliced. The doc says I'm in no immediate danger (easy for him to say) and plan for the stint to be in place sometime in early December. So here we sit, Marian and I, her with a broken foot and me with a chest full of spare parts keeping my heart beating regularly and a defibulator ready to zap me at a moments notice. So far, 2 cardiologists and the representative of the company who built the devise have assured me that I will be able to continue my activities after everything heals. However, none of them know how to provide aid for my psychological well being. This is much different then the by-pass surgery. There a problem is determined and they use home grown parts to fix it. Now my life is in the hands of a battery operated devise one of which ensures my heart beats regularly and the other is just waiting for an incident to occur before it can zap me. I now have to be aware of my surroundings and have to avoid anything with sizeable magnets (no more MRIs) and levels of electromagnet forces (EMF) i.e. microwaves, radar stove ranges, cell phones etc. The list is extensive. 90 to 95% percent of items in our technological society are fine as long as they are 6 to 12 inch away from the pace maker. I will also have a laminated card that I can display at airports that says I have an implant which means the TSA perverts can get their cheap thrills running their hands over my bod. I also advised Marian that when I kiss her and sparks fly, it might be the defibulator. ----- Ray

FORTUNATELY, Ray seems to be holding steady and was recently spotted at a Wednesday night workout. We love you, Ray and wish you the very best.



**Olof Hellen and Ray chat on a chilly
Winter night at track**

Walkers Storm into Fresno (Again !)

Two Cities Half Marathon

By Art Klein

The cities of Fresno and Clovis for 10 years have worked together with Sierra Challenge Express to offer a quality event to runners and walkers. Originally known as the Trail of Two Cities Half Marathon, this race has grown to encompass a full marathon and an ultra (50k) rising to 6,000 entrants. The Half participation is broken into two competitive groups – with awards 3-deep in 10-year groups for the walkers and the runners.



**Becky Klein, Doreen Adams, Art Klein,
Diana Rossman & Tammy Stevenson**

In 2007 my wife, Becky and I followed up on a suggestion to race walk this event. We were attracted by the story of how the former rail road tracks through these two cities had been converted to pedestrian/biking paths. We were invited to experience these “rails to trails” and challenge the local walkers to improve their walking by seeing fine technique –in-motion. Both of us were familiar with the training necessary to excel and with a few such races under our belts from the past, attacked the course surprising all but a few of the walkers. When the announcements were made at the awards ceremony, a golden spike was presented for 1st and 2nd place respectively, to me and Becky in our age groups.

Pleased with the course, the volunteer support, the refreshments both during and after the race (especially the full breakfast, ice cream sundae and beer garden), the finisher’s medal, the warm sweatshirt after crossing the goal line and those unique age awards, we decided that this race should be on our list to do it again the next year. And the next and the next...

Flash forward to 2010...

We organized an assault on the Half Marathon by bringing a strong contingent of seven race walkers with an aim of shining in all age groups. Successfully pressing the pace, the Team earned several 1st, 2nd and 3rd place age awards along with a few Personal Bests. We also gained a strong recognition as a club deep in quality walkers. Two Bay Area walkers approach us and ask us to train them to “do what we do.”

2011...

Becky’s training plan benefits all. The two new walkers continue to receive coaching to improve their speed and endurance. Unfortunately, they are not able to come back and show their honed skills at the Two Cities Half Marathon. Still, a strong group of seven SCTCers and invited competitor, Alex make the trek to Fresno to once again “wow” the walkers and runners. The group includes Becky and I, Joe Anderson, Pete Ogilvie, Diana Rossman, Doreen Adams and Sally Williams.

At the gun the mix of walkers and runners surge down the street in front of Woodward Park, half marathoners following a half hour after behind the marathoners and 50kers. Diana matches step for step with a seasoned race walker from Salt Lake City as they take the lead. I pace with a local walker but lose sight of both women in the crowd. Doreen and the others start out conservatively but quickly pull away from the other walkers. The conditions are ripe for fast times with cool temperatures from start to finish.

Continued on next page.

Highlights: Diana maintains a pace of just over 10min/mile and sets a BIG PR of 2:14:18 (a 16 min improvement from 2010) and arrives as 2nd place overall female walker. Alex is 3rd overall male with 2:11:43 and I improve on my time of 2010 with a 2:23:07. Joe shows all his fine form and scores 1st place 70-79 with 2:50:02. Pete follows a few seconds behind straining to achieve a BIG PR. He improves by over 5 minutes from 2010.

Wisely holding back to conserve some energy for the hilly 2nd half of race, Doreen gradually catches Sally thereby trading finishing places from 2010. In the process Doreen improves by 8 minutes. Becky paces well and joins all for the proud procession to the awards ceremony. Yes, once again we came home with several 1st and 2nd place age awards inspired to return next year and make history again!



Pete Ogilvie finishing Fresno



Sally Williams finishes at Fresno

CALLING ALL HIGH SCHOOL ATHLETES

The Santa Cruz Track Club is proud to sponsor Speed and Power Development Clinics by world renowned clinicians: Sue Rembao - 1992 Olympian; John Rembao - 30 year collegiate coach; and Kristen Meister - 2012 Olympic Trial qualifier. The clinics, geared toward high school athletes, will consist of eight 90 minute sessions. For more information, please email johnr@D1Athletics.com.

- WHEN:** Saturdays in December and January
December 12, 19 and 26; January 3, 10, 17, 24 and 31
- WHERE:** Santa Cruz High School Track
- COST:** \$30 for one 90 minute session, or
\$200 for eight 90 minute sessions

GOBBLE, GOBBLE, IT'S TURKEY TROT TIME

If anyone knows how to put on a race, it's **DIANE DELUCCHI**, and this year's Turkey Trot was no exception. Everyone went away with smiles on their faces and some with turkeys in their arms.



Runners make their way along West Cliff



Melissa & Tom Wedlock

Congratulations to **SALLY WILLIAMS** for being the first SCTC Race Walker to win an award at the Turkey Trot.



Sally Williams



Diane leading the charge on her bike



Riley Croghan

5K RACE RESULTS FOR SCTC

Melissa Wedlock, 1-A, 20:13	Tom Wedlock, 2-A, 21:13;
Vincent Oberst, 6-A, 29:27	Javier Naranjo, 6-OA, 1-A, 18:22;
John Hofacre, 2-A, 22:41	Neal Coonerty, 3-A, 30:38

10K RACE RESULTS FOR SCTC

Chris Ratliff, 1-A, 35:31	Dave Delucchi, 2-A, 39:56	Jose Ogarrío, 2-A, 42:32
Masao Takeoka, 6-A, 44:22	Josh Mader, 9-A, 49:52	Olof Hellen, 1-A, 55:26
Mark Junod, 9-A, 57:31	Sally Williams, 7-A, 1:15:29 (First Race Walker)	

An enthusiastic runner sent the following email to Coach Brock about her experience at the Turkey Trot.

Greetings Coach:

Just wanted to drop a quick note to say THANK YOU for this year's event, the 2011 Turkey Trot, and the very cool new socks that work as good as mittens. Great SWAG! Our Monterey eating club with a running problem, the Wednesday Night Laundry Runners (WNLN), had a blast to the last runner and took home 6 medals. I know that we all look forward to next year's run, and supporting the Santa Cruz Club. Wishing you and the Santa Cruz Track Club a great Thanksgiving holiday!

Mystère Sapia
Graniterock Environmental Specialist



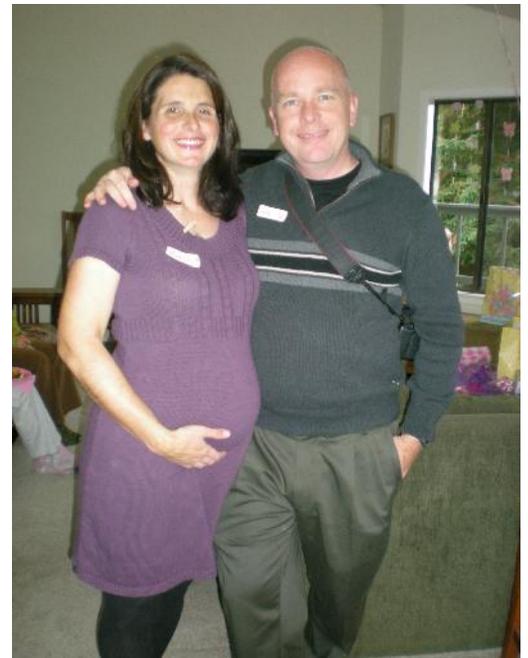
BABY NEWS!!!

**CONGRATULATIONS TO PETER & KARI
ON THE BIRTH OF ERIK HUEMER, Born October 13, 2011.**

John Hofacre, the creator of The Running Joke, drew this cartoon in Erik's honor.



LAURA CHIORELLO & JEFF BEAN are also expecting a baby for the new year. Baby Girl Bean is due to arrive in December. Laura has vowed to return to track workouts in the Spring, if Jeff keeps his promise to look after the baby and give mommy Wednesday nights off.



Best wishes from SCTC to the new parents and parents to be.

The **Santa Cruz Track Club (SCTC)** is a non-profit organization established in 1989 to promote running and track and field by providing coaching and support programs in our community. The club operates two sections; one for adults (over 18) and one for youth. Athletes of all abilities are welcome. Workouts respect the level at which each individual desires to train. The SCTC also helps local organizers of road races and track meets with event management. We are a diverse, multi-talented group of athletes which includes sprinters, hurdlers, middle distance runners, marathoners, ultra marathoners, walkers, race walkers, field competitors and triathletes. Our members span from youth to masters and from novices to national and Olympic class athletes. The Board of Directors meetings are the second Tuesday of each month. Any member is invited to attend. Call Larry or Diane for meeting location and time.

Starting Lines is the quarterly publication of the Santa Cruz Track Club. Articles submitted must be supplied by email. Articles, opinions and commentary in the newsletter are those of the authors and not official positions of the Santa Cruz Track Club.

